

3. Sources of injury within the activity -

- mats
- formations
- lifting
- signals to indicate release of support
- practising with someone.

4. Other sources of injury

- clothing - hard objects in pockets, pins, etc.
- cleanliness & repair of mats.

5. Methods of developing student responsibility for safety.

C. Attitudes -

1. Safety & health more important than spectacular accomplishment by a few.
2. Stunts & tumbling dangerous only if improperly taught and organized.

Abbreviations for Trunk Bending

<u>Position:</u>	<u>Command:</u>
Prone-lying	prone ly.
Front hand lying	front ly.
Prone fall	prone fall.
Front hand lying	frt. h. ly.

Bk. ly.
In. pt.
tw. pt.

On bck - ly. down.
bwd. - fall.
tk. rt. & lt. - turn

Stand at ease. hds. behind bck.
Stand easy. any way.

Dec. 8th Theory of Sym -

Table 1.

General Activities

- Skipping w. ropes
- Open. order
- Something light

Arm } - whip. & h. d.

Legs

H

Lat. & abd.

Abbreviations

2A. - both arms
ank. - ankle
abd. - abdomen
A. - arm
bk - back
ch - chest
ft. - foot
elb. - elbow
hd - hand
L. - leg
kn. - knee
N(nk.) - neck
toe - toe
T - trunk
hl - heel
th - head

Abbreviations for Directions

bkw. - backward
btw.(bet.) - between
dw. - down
fr. - front
fwd. - forward
lt. - left
rt. - right
obl. - oblique
sdw. - sideways
upw. - upward
sk. - side

Positions & Movements

acr. - across	bal. - balance
alt. - alternate (ly)	bd. - bend
L - angle	ct. - count

O circ. - circle(ing)

clap. - clapping

~~cl~~ cl. - close

cr. - crook or (hook)

~~cross~~ x - cross

dp. - deep

dr. - drop

dq. - drag

fiel. - field

flg. - fling(ing)

fl. - flout

gr. - grasp

rg. - ring

rot. - rotate(ing)

S - half wing (standing)

pitt. - pitting

spr. - spring

st. - standing

sgt. or squ. - squat

stch. - stretch(ing)

str. - stride

stp. - stoop (angle & bow)

sup. - support

1/2 - half

bu. - bud

hg. - hang(ing)

hi. - high

j. - jump

hop. - hopping

kn. - kneeling

lat. - lateral

ln. - lean

ly. - lying

lift. - lifting

opp. - opposite

pl. - place

pos. - position

pr. - pressing

1/4 - quarter

rais. - raising

rch. - reach

rw. - running

~~rest~~ - no rest

tw. - twisting

walk. - walk

wg. - wing

w. - with

yd. - yard

Movements

In
A - arms
H - head
B - balance
S
A - abdominal
L - legs
S
J - jumping
R - ~~joint~~ relief

Naming starting
positions: (1) arms,
(2) leg
(3) trunk

In a huge bunch she ate little
sweet jam rolls.

1. Sagittal plane is the term
to mean forward + backward
movements of the body.
2. Frontal plane - is for side
bendings
3. Horizontal plane is the term used
for turning & twisting.
4. Adduction - moving toward the
medial line. Abduction - away
from medial line.

We try to understand body
mechanics by ceasing to think of
the body as one mass. Learn to
consider it as an assembly of
masses & as consisting of a system
of passive bones each of which
is surrounded or operated by a
group of muscles. The various bones
their surrounding muscle masses

may be considered as an assembly of major or minor sections. Each section having a certain weight of its own.

Sequence for command:

Description, pause, & signal
When naming movements - name most important activity first.

There is no connecting link between desired starting position & movement.

Theory of Gymnastics

- Elli Björkstén - head of a finishing school of gymnastics in Europe.

Chinese people late in starting physical education. Chinese gymnastic is called Conqu Tzu. They started gymnastics to prolong life. A popular activity is flying kites.

India - Hinduism dominates the lives of the people. Brahma - To reduce the individual, to obtain this ^{state} is to refrain from activity by concentration and meditation.

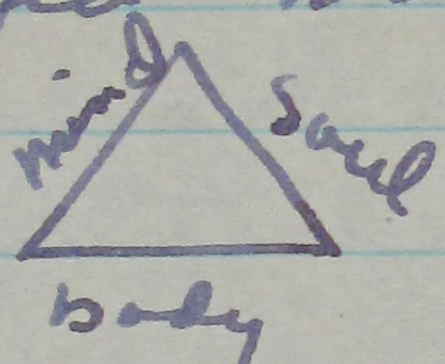
Egyptians, Syrians, Babylonians, Hebrews - Active life is important and interesting. They have organized sports.

Medes, Persians - They obtained independence. Intellectual training was not important it was neglected. Rigid program was mapped out for the boys (riding, archery, etc.) Truthfulness was demanded and health. At age of six boys were taken out of the state to go in for military training. The Persian education was moral and physical. 96

At age of 20 boys were finished
of training but until 50 they
were ready for any physical
calling.

Greece - 2 contrasted kinds of
ed. (1) Spartan - for the state.
(2) Athens - more dominant
and which we are more interested
today.

Free citizens received gymnastics &
music. Music was designed to
develop the intellect & emotions.
Individual completeness or
harmony of parts. Greek conception
of mind and body developed
together.



} Greek idea of
equal development
of each.

This today is the main idea of the "4".
Plato took the soul and his idea
is the harmonious development of
the individual. The soul of man
has different parts:

1. Reason & rational ^{wisdom}
2. Emotions (higher) - ^{courage} spirited
3. Feeling - appetite - ^{temperance}

Diff. societies

1. Statesmen - rulers
2. Executive force - obedient
3. Civilian population -

Bjorkstein Gymnastics

Table II

Nov. 1939

Gen. activity - 2 Ranks enter side of room. 8 skips forward to meet partner, hds. join & skips turning about then continue to opp. side of room w. 8 skips finishing w. 4 j's on spot turning about.

Arm - 2 A bd. & stretch. sidew. sw. downw. forward. upw. bd. & stretch. forward. sw. downw. sidew. & upw. finish 2 A bd. & stretch. downw.

Progression - 2 A bd. stretch. & sw. in various directions.

Leg - 5 whip j. w. hd. clap fol. by 5' j's on spot.

Head - x pitt. rt. front. rt front. rt. - lt. - rt. - lt. (very loose)

Abdomen - Bk. ly. 2 Km. lift stretch & 2 leg sw. to x pitt.

Arch - Prone ly. (fists clenched to forehead) T bd. backed. (1-2-3) arm cast to yd. (4-5-6). Beat w yd. (1-2-3-4) on ct. & arm cast inward to finish w fists clenched to forehead.

+ - st. T sprg. & fingers beating - 98

2 beal's arms sidew., 2 beal's forew.
2 beal's sidew. fol. by clap on floor
in front of feet & stand!

Heave - group ① - Hi heave hang. about
three (3 el's.) feet out & slowly hang
down fol. by leg pulling dismt.

group ② - support jump in two's.
Forms - hi spring from side to
side over form with support.

group ③ - Crouch spring over
partner leap frog.

Balance - st. alt. kn. left & grasp fol.
by head bd. folw. & stretch.

Abdomen - Partners - support yd. by. plow
2 leg left to angle by & 2 leg pull
from side to side.

Lateral - Prone ly. change to prone fall
change to side fall. fol. by 2 leg
pull. sidew. three sitt. pos. to prone
fall.

Agility - Forms - star jump over
forms (with support - 1 far arms)



The **Margaret Eaton School Digital Collection** is a not-for-profit resource created in 2014-2015 to assist scholars, researchers, educators, and students to discover the Margaret Eaton School archives housed in the Peter Turkstra Library at Redeemer University College. Copyright of the digital images is the property of Redeemer University College, Ancaster, Canada and the images may not be copied or emailed to multiple sites without the copyright holder's express written permission. However, users may print, download, or email digital images for individual non-commercial use. To learn more about this project or to search the digital collection, go to <http://libguides.redeemer.ca/mes>.